

HEALTHY VS. UNHEALTHY LIFESTYLES

K-1
ACTIVITY 1



Learning Objective:

Students will be able to recognize the difference between healthy and unhealthy behaviors.

Materials Required:

Chalkboard, chalk, "MyPyramid for kids" handout, "Healthy vs. Unhealthy Lifestyles" handouts.

Estimated Time Required:

30 minutes for entire lesson
10-15 minutes for handout





Teaching Instructions:

Classroom Activity - Describing Chloe vs. Hugo

- 1: Write "Chloe" and "Hugo" on the board and ask the student to help you describe them.
- 2: Chart their descriptions similar to the chart below.
- 3: Optional - Use the "MyPyramid for kids" handout and review the different categories (colors) in the pyramid. Make a list on the chalkboard, and review some of the keynotes from MyPyramid. Identify which mouse, Chloe or Hugo, fits best into each group.

Individual Student Activity

- 1: Pass out the **Healthy vs. Unhealthy Lifestyles** handout to each student to complete.

CHLOE

Healthy
Fruits
Vegetables
Whole grains
Trail mix
Exercised daily
Run
Play
Happy

HUGO

In the beginning

Sick
Tired
Lazy
Out of breath
Cookies
Candy
Pizza
Ice Cream
Junk Food

By the end

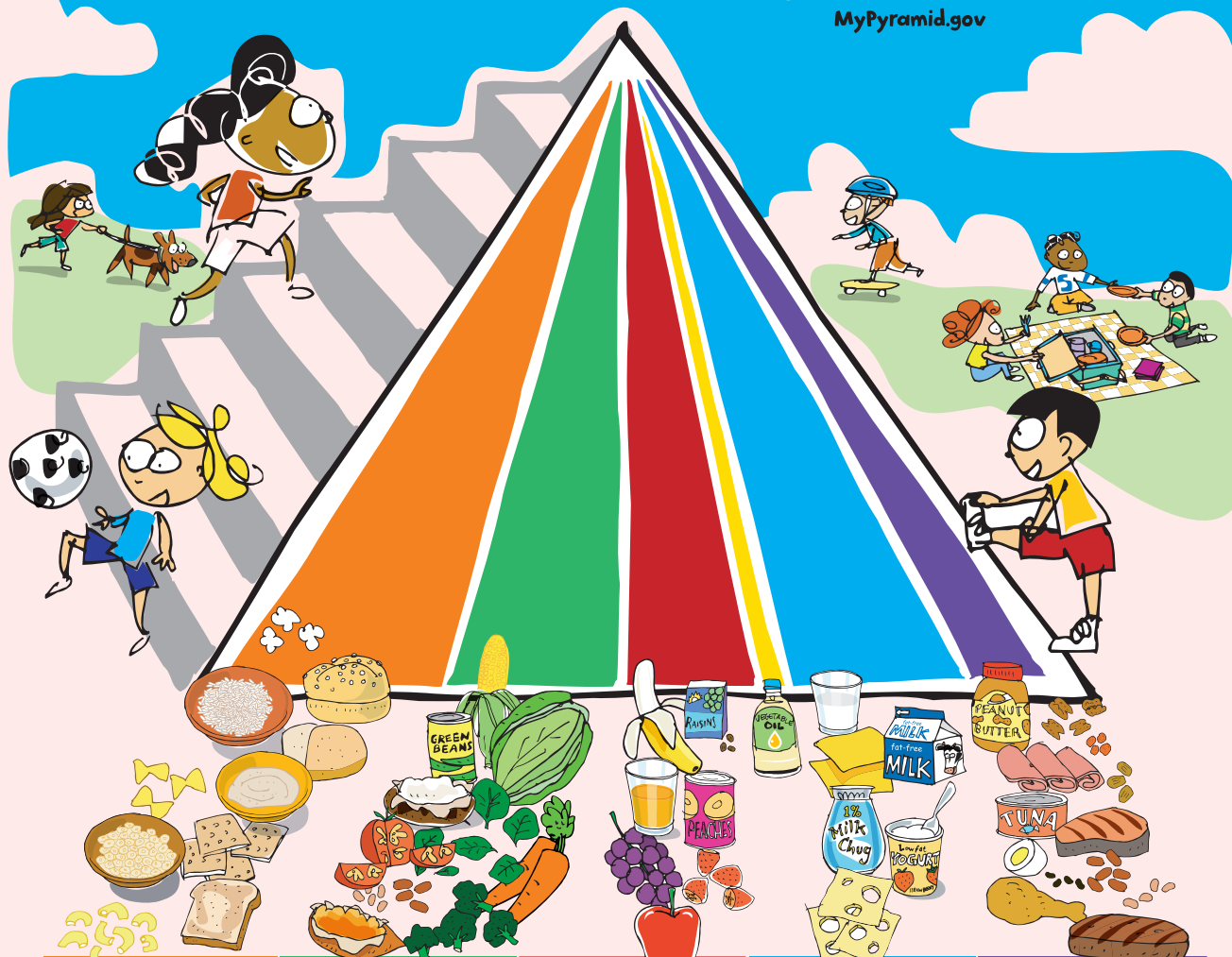
Healthy, fit, and strong
Fruits
Vegetables
Whole grains
Trail mix
Exercised daily
Run
Play
Happy



MyPyramid For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



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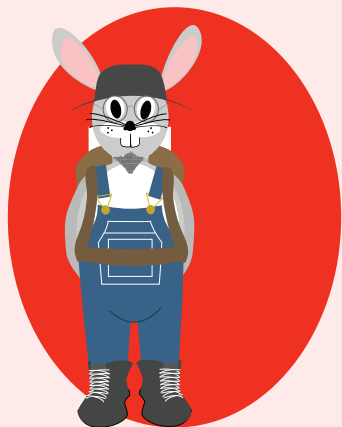


MyPyramid for kids

key points for discussion

	Grains (Chloe)	Vegetables (Chloe)	Fruits (Chloe)	Milk (Chloe)	Meat & Beans (Chloe)	Oils (Hugo)	Exercise (Chloe)	Fats & Sugars (Hugo)
Important Note	Make 1/2 your grains whole	Vary your veggies~ color your plate with dark green and orange!	Focus on fruits~ go easy on juice	Get your Calcium to build strong bones	Go lean with protein~ bake, broil, or grill. DON'T FRY	It's not one of the food groups, but you still need a little for good health	Balance food with fun	Know your limits
Examples	Oatmeal, whole grain cereal, brown rice, whole wheat bread and pasta	Broccoli, spinach, carrots, and sweet potatoes	Apple, orange, berries, plum, banana, and kiwi	Low fat milk, yogurt, and cheese	Chicken, turkey, fish, nuts and beans	Fish, nuts, corn oil, soybean oil, olive oil, and canola oil	Walk, dance, bike or rollerblade	Fried foods and snacks, candy sodas, cakes and cookies
How Much Do YOU Need?	6 ounces a day (at least 1/2 whole grain)	2 1/2 cups a day	1 1/2 cups a day	3 cups day	5 ounces a day	It will come from the foods you eat	At least 60 minutes a day	Enjoy these only on special occasions

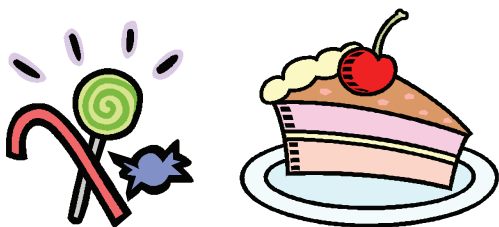




HEALTHY vs. UNHEALTHY LIFESTYLES

Instructions: Decide what is healthy and unhealthy in the pictures below. **Circle the correct answer.**

Candy and Cake



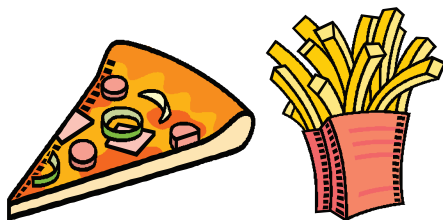
Healthy or Unhealthy

Fresh Fruits and Vegetables



Healthy or Unhealthy

Greasy and Fried Foods



Healthy or Unhealthy

Milk and Water



Healthy or Unhealthy

Which do you want to be?

Healthy or Unhealthy

